



Serves: 4

Roasted Cashew and Orange Salad with Cider Vinaigrette

Ingredients

- Mesclun salad, washed and dried 240g
- Orange, peeled and cut into wedges 1
- Cashew nut, lightly toasted 40g*
- Macadamia Oil 1½ tbsp*
- Cider vinegar 1½ tbsp
- Salt ½ tsp
- Mustard Dijon paste 10g

*Choose products with the Healthier Choice Symbol.

Tips:

- Make your own healthy salad dressings to control the amount of fat, oil or seasonings.
- Nuts are a rich source of unsaturated fat, especially omega-3 fatty acids, which benefit heart health.
- Vegetables and fruit are rich in vitamins, fibre and phytochemicals (beneficial plant substances e.g. carotenoids and flavonoids) that help to lower the risk for some cancers.

Method

- Combine oil, mustard, vinegar and salt for vinaigrette, mix well.
- Toss mesclun salad with vinaigrette.
- Add orange wedges and cashew nuts on top.
- Serve.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 131kcal

Protein 3.1g

Total fat (g and % of total calories)
9.8g (66.4%)

Saturated fat 1.5g

Cholesterol 0mg

Carbohydrate 8.1g

Dietary Fibre 2.4g

Sodium 356mg